

Denmead Striders Summer Schedule Monday 2021

Denmead Striders Summer Schedule Wednesday 2021

Week	Monday	Session 18.30 Start	Number	Recovery	Coach	Session Aim	Week	Wednesday	Session 19.00 Start	Number	Recovery	Coach	Session Aim
17	19/07/2021	600 Intervals - Creech Woods	6-10	60 secs		Improve lactic and aerobic threshold. Practice running off road.	17	21/07/2021	800 Intervals - Creech Woods	4-8	75 secs	Martin.S	Improve ability to run at a good sustained pace. Practice pacing and off road running
18	26/07/2021	200 Intervals	14-20	30 secs	Gary.M	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	18	28/07/2021	Sustained Run Denmead 10K	6.2M		All Coaches	Race practice, pace judgement, accounting for temperature, sustained effort up and down hill.
19	02/08/2021	1200+400+400+200+200	1-2 Sets	90/60/60/30 secs +120 after set	Rory.H	Practice conserving resources and improve pace and strength.	19	04/08/2021	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practice conserving resources and improve pace and strength.
20	09/08/2021	Incline Session 5 Down / 5 Up	3+3 or 5+5	Down	Martin.S	Sustained effort, improve pace and stamina	20	11/08/2021	Hills	7/8/9	Down	Gary.M	Build strength and stamina. Give confidence to attack the uphill during a race.
21	16/08/2021	800+400+200+200	2-4	75/45/25 + 60 secs after set	Angela.A	Practice conserving resources and improve pace and strength.	21	18/08/2021	800/400/400	1-3	75/45/75	Martin.S	Build aerobic and lactic thresholds. Increase pace on each repetition.
22	23/08/2021	200 Intervals	14-20	30 secs	Gemma.H	Sharpen speed and finishing kick, exercise fast twitch muscles and improve lactic threshold.	22	25/08/2021	Ladders - 1,2,3,4,5,4,3,2,1	1 set	Half Preceding	Gary.M	Improve all round conditioning and lactic aerobic threshold.
23	30/08/2021	400 Intervals	8-14	45 secs	Gary.M	Improve aerobic conditioning and running economy.	23	01/09/2021	400+200+200	4-8	45/25 + 60 secs after set	Paul.W	Practice conserving resources and improve pace and strength.
24	06/09/2021	800 Intervals	4-8	75 secs	Kirsty.A	Improve ability to run at a good sustained pace. Practice pacing.	24	08/09/2021	Fartlek - 2F/2S	24 mins	2 mins slow	Gary.M	Improve all round conditioning and practice change of pace.